



Your Health Matters!

Take Charge of Your Health

A Free Health Literacy Workshop Series

Health Literacy is the ability a person has that helps them **find, manage, understand, and use** basic health information and services needed to make appropriate health decisions.

Learn more about:



Local health care and human resources services



Getting the most out of your doctor visits



Health insurance and other programs



Using medications and prescriptions



Support health and wellness



Healthy living: good nutrition and healthy eating

- Who:** Everyone is Welcome!
- What:** Fun Educational Workshop! It's a workshop, but it's not work!
- When:** Friday's: June 14th, 21st, 28th
- Where:** West County Senior Center
2916 FL-15, Belle Glade, FL 33430
- Time:** 3:00 – 4:30 pm

Each workshop consists of 3 weekly sessions with up to 15 participants.

Healthy snacks, giveaways and *Certificates of Completion* included.



Contact us to learn more:
863-532-3099
or mrangel@lorhn.org

